

AGN. NO. _____

MOTION BY MAYOR MICHAEL D. ANTONOVICH

JANUARY 25, 2011

HEART HEALTH AWARENESS MONTH

February is “Heart Health Awareness Month”. To focus attention on the importance of preventing heart disease, many activities will take place during the month throughout Los Angeles County. Cardiovascular disease is the number one killer of both men and women.

Once thought of as a man’s disease, heart disease actually kills more women than men, with symptoms and risk factors that can be different from men. More women die from heart disease than the next four leading causes of death combined. Nationally, heart disease causes a woman to die every minute.

The good news, however, is that heart disease is preventable, treatable and reversible!

The Department of Public Health’s Office of Women’s Health is conducting a *Heart Disease Risk Assessment* to increase awareness of heart disease risk factors among women, to encourage women to adopt a healthy lifestyle, and to connect women

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with risk factors for heart disease with a medical home. Women from all over the County can call 1-800-793-8090, to participate in this multi-lingual, multi-cultural risk assessment and receive educational materials tailored to their risk factors.

The Board of Supervisors takes an active leadership role in promoting the importance of a healthy lifestyle by encouraging all Los Angeles County residents to reduce their risk of heart disease by being active, eating smart, not smoking, and getting regular check-ups.

I, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim the month of February 2011 as “Heart Health Awareness Month” throughout Los Angeles County in recognition of the many activities promoting heart health; and
2. Encourage County departments to promote a healthy lifestyle for employees and clients, including encouraging screenings, and coordinating and participating in community outreach activities during February 2011.

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